

Watertown Senior News

COUNCIL ON AGING BOARD

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Watertown Council on Aging/Senior Center
31 Marshall St.
Watertown, MA 02472
617-972-6490
www.watertown-ma.gov

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WATERTOWN COUNCIL ON AGING / SENIOR CENTER

Town Manager Michael J. Driscoll is pleased to announce the appointment of a new Director of Senior Services.

Anne-Marie Gagnon will be joining us on Monday August 8th. Ms. Gagnon's experience and educational background will greatly assist the Administration in developing, planning, organizing, and administering programs and services for senior citizens. Please stop by the Senior Center on Monday August 8th to welcome Ms. Gagnon.

GENTLE YOGA - OVER 55

Join us for a preview and Q & A session for this popular yoga class for seniors. Ann Knocke, is a cardiopulmonary physical therapy clinical specialist and certified Kripal Yoga, and Cancer Yoga teacher. The class centers on relaxation and coordinating breath with movement. Whether you've taken a class before or never tried yoga, it is designed for any body and all levels of experience, with focus on alignment and safety. Gentle Yoga can be done sitting in a chair or standing, and will accommodate those who use walkers or canes, have limited flexibility and vision.

WHEN: Wednesday, August 17 10:00 - 12:00 **WHERE:** Senior Center 31 Marshall St.

Please call and pre-register at 617-972-6490.

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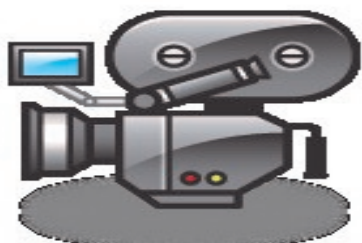
WATERTOWN POLICE DEPARTMENT PRESENTS A.L.I.C.E. A STRATEGIC RESPOND TO ACTIVE SHOOTERS

The A.L.I.C.E. Program, (Alert, Lockdown, Inform, Counter, Evacuate) while designed for schools, is simply an adaptation of the Department of Homeland Security model of Run, Hide, Fight. The WPD wants to bring these basic concepts to the public so these strategies can be better utilized in a life threatening situation.

WHEN: Wednesday, August 10th **TIME:** 10:00 - 12:00

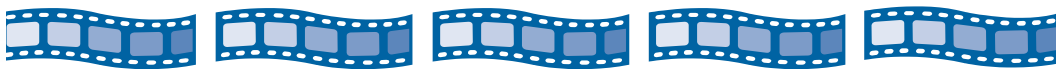
WHERE: Watertown Senior Center, 31 Marshall St.

Class size is limited so please call the Senior Center at 617-972-6490 to register.



August Movie Matinee

Relax and enjoy a movie in our comfortable lounge Thursday afternoons at 1:00 p. m.



8/4 Mr. Right – Just when Martha thinks she's found the man of her dreams, she learns that the charismatic Francis is a hit man who offs his clients instead of the intended marks. But his past may catch up with him when contract killers set their sights on Francis. Cast: Sam Rockwell, Anna Kendrick, Tim Roth 2016 R 96 mins



8/11 My Big Fat Greek Wedding II - In this screwball sequel to the 2002 hit romantic comedy, there's a new wedding on the horizon for the wacky Portokalos clan – and with it comes a new assortment of family crises and secrets. Still working in her parents' Greek restaurant, Toula Portokalos's daughter Paris is growing up. She is getting ready to graduate high school and Toula and Ian are experiencing marital issues. When Toula's parents find out they were never officially married, another wedding is in the works. Can this big, fat, Greek event help to bring the family together? Cast: Nia Vardalos, John Corbett, Lainie Kazan 2016 PG -13 94 mins



8/18 Sisters: Forced to clean up their childhood bedroom one

last time, adult sisters Maura and Jane return to the family home. As long as they're there, they decide to return to high school as well – throwing the party to end all parties for their ex-classmates. Cast: Tina Fey, Amy Poehler, Maya Rudolph 2015 R 118 mins



8/25 Connie and Carla - After accidentally witnessing a mafia hit in the Windy City, gal pals Connie and Carla skip town for L.A., where they go way undercover as singers working the city's dinner theater circuit ... as drag queens. Now, it's not enough that they become big hits on the scene; things get extra-weird when Connie meets Jeff -- a guy she'd like to be a woman with. Cast: Nia Vardalos, Toni Collette, David Duchovny 2004 PG-13 108 mins



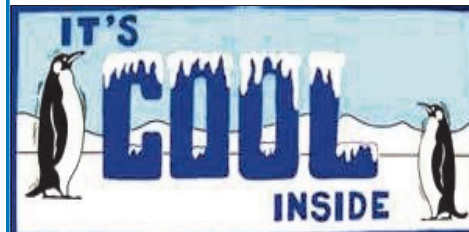
9/1 Red - After trading in his professional past as a black-ops CIA operative for a new identity, Frank Moses is basking in normality until his peaceful existence is threatened by a high-tech assassin. He's forced to re-



turn to old habits and reassemble his old team in a last ditch effort to survive and uncover his assailants when the assassin puts a target on his back and goes after the woman he loves. Cast: Bruce Willis, Morgan Freeman, John Maklovich, Helen Mirren 2010 PG-13 111 mins.



Come In -



The Watertown Senior Center is open all summer in our fully air-conditioned building at 31 Marshall St. Join us for a snack, watch a movie in the lounge, or take advantage of our free magazine and book exchange. All seniors are welcome to participate in our many activities, relax with a friend, or obtain needed information. The Senior Center is open Monday through Friday, from 8:30 a.m. until 5:00 p.m. Need more information? Call us at 617-972-6490.

We hope to see you soon!

SCALLOP FESTIVAL & GLASS MUSEUM

Join the Watertown seniors as we travel to the upper cape for the annual Scallop Festival. We start our day with shopping at the Christmas Tree Shop and then head to Falmouth for the Scallop Festival. You have a choice of fried scallops or roast chicken. There will be time to visit the craft tents before heading to the Sandwich Glass Museum where you can see the special exhibit: Glass Impressions - A Tribute to Donald and Margaret Segur. The art collection reflects the Segur's passions for travel as well as their whimsical nature.

WHEN: September 23

TIME: 8:30 AM - 5:15 PM

COST: \$62.00

Sign up and pay at the Senior Center. Book early to insure this trip runs.



DELVENA THEATRE PRESENTS

Join us for "Laugh with the Ladies" presented by the Delvena Theatre. It is a live, comedy variety show featuring actresses Lynne Moulton and Fran Baron. Meet famous "celebrity female comedians" from yesteryear; you might meet Lucy, Minnie Pearl, Lily Tomlin, Sophie Tucker or even Ethel Merman. The show will also include singing, comedy, and audience participation in the way trivia - with prizes awarded. The show is perfect for anyone who needs a good belly laugh.



WHEN: Wednesday, September 21

TIME: 10:30 AM

**WHERE: Watertown Senior Center
31 Marshall St.**

Pre-registration is required. Call 617-972-6490 to reserve your seat.

Supported in part by a grant from the Watertown Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency and in part by the Watertown Senior Center.

YOU CAN HELP!

You can help people who have had a stroke by joining us to test out a new app by the Constant Therapy Co.

They are looking for people who have not had a stroke to take 15 minutes to play brain games on their iPads. This research would provide personalized speech therapy to people with traumatic brain injury, stroke, aphasia, or learning disabilities.

WHEN: Tuesday August 2

TIME: 9 - 11

**WHERE: Watertown Senior Center
31 Marshall St.**

MUSEUM OF RUSSIAN ICONS

Join the Watertown seniors when we set off for the Museum of Russian Icons in Clinton, MA. There are more than 250 icons on display including St. John the Baptist icon dated 1450. After touring on your own we will stop at the Salem Croft's Inn for lunch. Your choices are fresh baked Boston scrod or old fashioned chicken pie. Our last stop is Saint Joseph's Abbey (gift shop only).

WHEN: Thursday, August 18

LEAVE: 10:00 AM RETURN: 6:00 PM

COST: \$66 Sign up and pay at the Watertown Senior Center 31 Marshall St.

Trip includes tour bus, museum tickets, lunch, and driver's tip.

Sign up early to insure this trip will run. We need 40 people in order for this trip go.

Medicare Diabetes Testing Supplies

What You Need to Know

If you, a friend, or a loved one has Original Medicare and uses diabetes testing supplies, you should know that Medicare is continuing its National Mail-Order Program to help you get quality supplies while saving money. Under the program, you must use a Medicare approved national mail-order contract supplier to pay for diabetes testing supplies that are delivered to your home. If you don't want diabetes testing supplies delivered to your home, you can go to any local store (pharmacy or storefront supplier) that's enrolled with Medicare and get your diabetes testing supplies there.

If you do not use one of these Medicare approved ordering methods, you may end up paying much more for your supplies. If you have a Medigap policy, you may not owe anything for your supplies. Be sure that your supplier has your Medigap policy information when placing your order.

You also have certain protections when using a national mail-order contract supplier. Suppliers must make sure you get the prescribed brand of diabetes testing supplies to avoid an adverse medical outcome and must never influence or try to convince you to switch your supplies to another brand.

To find a current list of contract suppliers, visit Medicare.gov/supplier or call 1-800-MEDICARE.

For assistance with any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

We're on the Web!

www.watertown-ma.gov



COUNCIL ON AGING BOARD

The COA Board will **NOT** meet in August.

BE THE FIRST TO KNOW!

Have the **Watertown Senior News** emailed to your home computer every month by going to the Town website: www.watertown-ma.gov and signing up on the '**Notify Me**' list. Follow the link on the left side of the home page, scroll down to **Watertown Senior News** and check it off! Or call the Senior Center at 617-972-6490 with your email address & we'll add it for you!

MEDICAL UPDATE

Medical screenings listed below are all held on Thursday mornings



NO Hearing Screening in August.

NO Podiatry Clinic In August.

August 25 - Blood Pressure by Linda Micklay, R.N. from CareGroup Home Care in order of sign-in **starting at 9:30 a.m.** There is no charge for this service but donations to the Senior Center are appreciated.



HOW TO GET WHERE YOU NEED TO GO

USE THE SENIOR SHUTTLE FOR YOUR SHOPPING NEEDS

The Watertown Senior Shuttle travels a fixed route throughout Watertown to take seniors grocery shopping, and we continually adjust the route to accommodate new riders. The bus goes to the Stop & Shop on Watertown St. on Tuesdays, the Super Stop and Shop on Pleasant St. on Fridays. We also go to the Watertown and Arsenal Malls on the second and fourth Wednesdays of the month. Take the bus, and leave the driving (and parking) to us!

MEDICAL TRANSPORTATION FOR WATERTOWN SENIORS

Watertown seniors needing transportation to medical appointments may contact Busy Bee Transportation at 1-800-427-0230 for a ride. Medical transportation is available Monday through Friday between 9:00 a.m. and 3:00 p.m. and reservations must be made at least 3 days in advance. A donation of \$3.00 each way for local stops and \$4.00 each way for stops outside Watertown is requested.




TRANSPORTATION HELP FOR WATERTOWN SENIORS

Supplemental transportation services are available to Watertown seniors thanks to a pilot program grant awarded to the Watertown COA/Senior Center by the Marshall Home Fund, a non-profit community-based charitable fund dedicated to serving Watertown's seniors. This pilot program is designed to provide readily accessible transportation assistance for seniors in need of last minute or emergency transportation to locations within the community. Transportation by cab is arranged through the Council on Aging/Senior Center by calling the office during business hours.

Call the Senior Center at 617-972-6490 for more info about any of these programs!



AUGUST 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 SENIOR CENTER 1 9:30 Art For Fun 11:00 Exercise Class LUNCH M-F 11:30 Woodland Towers 1:00 Bridge	COA SHOPPING BUS 2 SENIOR CENTER 9-11 Stroke Game Help 10:00 Watch Our Weight 11:15 Line Dancing 12:30 Cribbage	SENIOR CENTER 3  10:00 SHINE (by appt) 11:00 Exercise Class 12:30 Whist	SENIOR CENTER 4 10:00 Yoga Class 11:00 Games 1:00 Movie: Mr. Right	COA SHOPPING BUS 5 SENIOR CENTER 10:00 Bingo 10:40 Exercise Class
SENIOR CENTER 8 9:30 Art For Fun 11:00 Exercise Class LUNCH M-F 11:30 Woodland Towers 1:00 Bridge	COA SHOPPING BUS 9 SENIOR CENTER 10:00 Watch Our Weight 11:15 Line Dancing 12:30 Cribbage 	COA SHOPPING BUS 10 SENIOR CENTER 10:00 A.L.I.C.E Training Watertown Police Department Pre-Registration Required 10:00 SHINE (by appt) 11:00 Exercise Class 12:30 Whist	SENIOR CENTER 11  10:00 Yoga Class 11:00 Games 1:00 Movie: My Big Fat Greek Wedding II	COA SHOPPING BUS 12 SENIOR CENTER 10:00 Bingo 10:40 Exercise Class
SENIOR CENTER 15 9:30 Art For Fun 11:00 Exercise Class LUNCH M-F 11:30 Woodland Towers 1:00 Bridge	COA SHOPPING BUS 16 SENIOR CENTER 10:00 Watch Our Weight 11:15 Line Dancing 12:30 Cribbage	SENIOR CENTER 17 10:00 Lecture: Ann Knocke Gentle Yoga – Over 55 (Pre-registration requested) 10:00 SHINE (by appt) 11:00 Exercise Class 12:30 Whist	SENIOR CENTER 18 10:00 Yoga Class 11:00 Games 1:00 Movie: Sisters	COA SHOPPING BUS 19 SENIOR CENTER  10:00 Bingo 10:40 Exercise Class
SENIOR CENTER 22 9:30 Art For Fun 11:00 Exercise Class LUNCH M-F 11:30 Woodland Towers 1:00 Bridge	COA SHOPPING BUS 23 SENIOR CENTER 10:00 Watch Our Weight 11:15 Line Dancing 12:30 Cribbage 	SENIOR CENTER 24 10:00 Lecture: Safety D. A. Marian T. Ryan (Pre-registration Required) 10:00 SHINE (by appt) 11:00 Exercise Class 12:30 Whist	SENIOR CENTER 25 9:30 Blood Pressure 10:00 Yoga Class 11:00 Games 1:00 Movie: Connie & Carla	COA SHOPPING BUS 26 SENIOR CENTER 10:00 Bingo 10:40 Exercise Class
SENIOR CENTER 29 9:30 Art For Fun 11:00 Exercise Class LUNCH M-F 11:30 Woodland Towers 1:00 Bridge	COA SHOPPING BUS 30 SENIOR CENTER 10:00 Watch Our Weight 11:15 Line Dancing 12:30 Cribbage	COA SHOPPING BUS 31 SENIOR CENTER 10:00 SHINE (by appt) 11:00 Exercise Class 12:30 Whist		

DISTRICT ATTORNEY MARIAN T. RYAN

Identity Theft, Investment Fraud, and Scams

“SCAM artists are skilled, and anyone can fall victim,” said District Attorney Ryan. “Still there are things individuals can do to educate and protect themselves from these sorts of crimes.” These crimes rob millions of people of their hard earned money. Join District Attorney Marian T. Ryan to learn about the latest scams and prevention tips to protect yourself and your loved ones. Prior to being named District Attorney, Marian Ryan served as the Chief of the office’s Elder and Disabled Unit for 18 years. Through her experience she has worked to promote best practices and protocols in investigating and prosecuting cases involving abuse and created innovative crime prevention initiatives.

WHEN: Wednesday, August 24

TIME: 10:00 - 12:00

WHERE: Watertown Senior Center, 31 Marshall St.

Please call the Center to reserve your space at 617-972-6490

**WATERTOWN COUNCIL ON AGING
SENIOR CENTER
31 MARSHALL ST.
WATERTOWN, MA 02472**

